



Thursday, July 10, 2025

Sunday, July 13

Sunday Worship at 10:15 a.m.

Care for **nursery & toddlers** is available during worship. **Ages 3 through 6-ish** are invited to play games and do crafts. **Older children** welcome in service. The full Learning Community (RE) program resumes in the fall.

Social Hour: Fuller Hall after the service.

LIVESTREAM SERVICE



Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

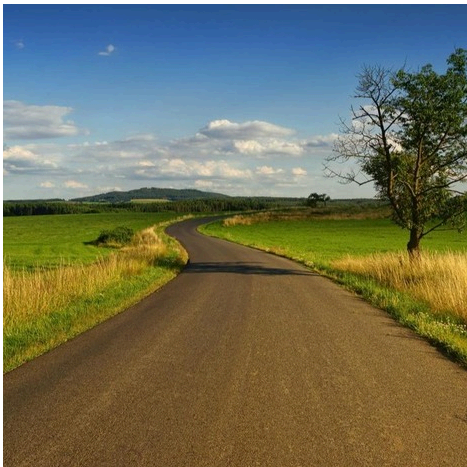
In-Person & Livestream

Friday Vespers is on break until July 18! [Email Sophia D.](#) to receive a weekly reminder.

SERVICES

Song of the Open Road

[Rev. Thomas Disrud](#), Associate Minister



Afoot and lighthearted, I take to the open road, Walt Whitman tells us. It is good to stay in what we might describe as our usual lanes, our usual routines. But there must also be space for adventure, for taking risks, for placing ourselves in what might not be so familiar.

ORDER OF SERVICE

This Week's Shower Project Request

Your donations make a big difference in the lives of those we serve. All donations are greatly appreciated. At this time, we are in special need of the following items:

- Men's jeans/pants/sweats (32 - 36)
- New men's t-shirts (M - L)
- New boxer briefs (M - L)

[Subscribe](#) to our email list.

Several people have recently received fraudulent emails that appear to come from our Senior Minister, Rev. Alison. You might have received one, too. These emails may ask you to:

- Purchase gift cards or send gift card numbers
- Transfer or send money
- Update or confirm bank account information

Please know that Rev. Alison and our church staff will **never** ask for money, gift cards, or personal financial information over email or text.

These messages may look convincing, even using Rev. Alison's name and a familiar tone. But they often come from unusual email addresses and carry an urgent or secretive tone (e.g., "Please don't tell anyone," or "I need this quickly"). **Remember, First Unitarian ministers' and staff members' email addresses ALWAYS end in firstunitarianportland.org.**

What NOT To Do:

- **Do not reply** to suspicious messages.
- **Do not click any links** or open attachments.
- **Do not send any money or gift cards.**

If you're unsure about a message, call the church office directly to verify (503-228-6389). You can also report scam emails to your email provider as "phishing."

Stay vigilant and check in with us if anything seems off. We want to make sure everyone stays safe online.

NEW! — Report from Our UUA General Assembly Delegates

Eleven delegates from our church attended the recent annual meeting (General Assembly) of the Unitarian Universalist Association (UUA), our denomination. They voted on the selection of Moderator (the highest lay office in UUA), the selection of the issue which will be studied by UU congregations for the next year, and three social action issues. A summary of the reports from the delegates with information about the resolutions passed can be read [here on the church website](#).

Happening This Weekend

Hall, next to the kitchen. Thank you for your support!



July 13's Shared Plate

This Sunday, we share our plate with [Diverse & Revolutionary Unitarian Universalist Multicultural Ministries](#) (DRUUMM).

"DRUUMM is the oldest and largest Unitarian Universalist People of Color ministry and anti-racist community organization based in North America. DRUUMM traces our lineage to Black and African American Unitarian and Universalist communities, Latino/a UU Networking Association, ministers and religious professionals of color, and youth and young adults of color who have organized to resist racism, nurture our faith formation, and build the beloved community. DRUUMM continues to lead efforts to fulfill the Journey Towards Wholeness Resolution towards becoming an anti-racist, anti-oppressive, multicultural UUA, creating spaces for youth, young adults, and our families of color."

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NEW! — New to Portland Meet-Up

This Sunday, July 13, immediately after service

Location: Room B102



Are you new or new-ish, returning, still settling in, or just interested in exploring Portland?

Join Rev. Leah Ongiri, Jen Thomas, and member Barbara M. immediately following the church service in Room B102 to connect with others around the place we live. We will have some light snacks to share and

hope to help you make connections.

Families are welcome. No RSVP required! All are welcome to come and share what brings you to Portland and to this church community.



Want to know what this church has to offer? **Show up for events/classes/socials and stay engaged!**

Summer Community Choir

Sundays through August 31, 8:45 a.m.

Location: Main Sanctuary

Our summer choir is “come one, come all!”

If you’d like to sing, show up in the Main Sanctuary at 8:45 a.m. before the service on the Sunday/s of your choice to learn that day’s music.

No commitment required! Sing once, or every week, or anything in between — whatever fits for you.



Share Your Garden Bounty

Sundays through August 31, during social hour

Location: Fuller Hall

Do you have a flourishing garden brimming with fresh vegetables, fruits, herbs, and flowers? Share your garden’s bounty with our community by bringing it on Sundays to the First Share table in Fuller Hall during social hour. All are welcome to enjoy the

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Questions? [Email Christine.](#)



Featured News

NEW! — Sign Up for July 20 Yoga

Sunday, July 20, 9 - 10 a.m.

Location: Room A108



We had a fantastic start to our yoga summer sessions and look forward to the next one on July 20! For more information and to reserve your space, [please sign up here in advance.](#)

Each session requires separate registration.



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

NEW! — All-Church Action: Good Trouble Bridge Brigade

Thursday, July 17, 4 - 5:30 p.m.

Location: Eliot Chapel steps (SW 12th & Salmon)

Join us on July 17 as we take part in a nationwide day of action to decry authoritarianism and honor civil rights icon John Lewis. We'll share messages of resistance from a nearby I-405 overpass.

When and where? Thursday, July 17, 4 - 5:30 p.m. We'll meet at

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and roll two blocks to the Yamhill Street bridge, where we'll wave banners and flags. All are welcome!

NEW! — Speaking of Democracy Series

Tuesdays, July 22 through August 26, 6:30 - 7:30 p.m.

Location: Zoom

Meet with other UUs via Zoom to discuss actions we can take to defend democracy. Each session will offer space to share experiences and dive into a timely topic:

- **July 22:** UUs and Faithful Defiance
- **July 29:** Lessons from Successful Pro-Democracy Movements
- **Aug 5:** Boycotts & Economic Resistance
- **Aug 12:** Digital Safety
- **Aug 19:** Media Literacy
- **Aug 26:** Advocacy

For the Zoom link and more info, [email our Democracy in Action team](#).

UPDATE — With Courage and Faith / Staying in Touch

Did you miss Rev. Danielle's final ministerial blog? You can read "With Courage and Faith" from June 26 [on our website here](#).

We wish her the very best as she begins her new position as the minister of the [First Church in Salem](#), Massachusetts.



Many of you have asked about staying in touch with Rev. Danielle Garrett as she begins her new ministry. Best practices as recommended by the professional organization for UU ministers advises allowing ministers a full year to settle into their new congregations and to focus their energy on building new relationships. Rev. Danielle will be especially busy this month with her move and the early months of her new ministry in Salem, and we want to support her in this important transition.

After thoughtful conversation with Rev. Danielle and in accordance with the best practices recommended by the UU Ministers

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Association, we have mutually agreed that it is best for all to allow a period of space before reconnecting.

It also makes sense that you may like to send well wishes to Rev. Danielle. You are welcome to mail cards or notes to her new church at:

Rev. Danielle Garrett
The First Church in Salem
316 Essex Street
Salem, MA 01970

As we say goodbye, this time of separation is also an opportunity for our community to reflect on the ministry work Danielle was involved in during her time as our Assistant Minister. It gives us space to consider how we, as ministers, staff, and lay leaders, will carry forward those important pieces of ministry together. If you have thoughts or would like to help support this transition, please don't hesitate to reach out.

Thank you for your understanding and care during this time of change.

LAST CHANCE & UPDATE — Reminder: Applications Due This Tuesday for the Committee on Right Relations!

First Unitarian Portland is establishing a Committee on Right Relations to serve our community. This independent committee will provide us with education and skills, processes and procedures, and direct assistance to address conflict within our church. Next steps are to select the individuals who will serve on this committee. If you are interested in applying to be a member of the Committee on Right Relations, or if you know a congregant who would be great at this work, a link to the application can be found [here](#).

Applications are due by this Tuesday, July 15!

More details and the documents defining our approach to Right Relations are posted [here on our website](#).

We have received questions about the time commitment for the Committee on Right Relations, so here are some thoughts:

1. The **Committee** on Right Relations (the one we are recruiting for now) will be doing the work of helping us enhance our culture around Right Relations. They will be setting up educational programs for the congregation, letting

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- needed, and recruiting people to assist with coaching, facilitating conversations, or being on Healthy Congregation Teams. That includes figuring out the content of the workshops or seminars, getting them scheduled, facilitating the events, publicizing how to be in touch, and collecting a list of those who could be part of one of the support "teams."
2. How much time this will take is not clear yet. We are assuming it will take more frequent up-front working sessions to get organized and delegate various tasks. And it will take some up-front studying of both the [governance documents](#) and taking the online course "[Tending Covenant](#)."
 3. The Committee will be recruiting "**teams**" of people to do the front-line work when congregants need coaching, facilitated conversations, and/or some kind of intervention. We are calling these "Right Relations Teams" and "Healthy Congregation Teams." The expectation is that people who serve on these teams will also have taken the Tending Covenant training, and will be well versed in the right relations process. But once they are trained, these folks will be called on only when needed, and will not have the other responsibilities of the work of the Committee.
 4. If being on a "team" sounds like a better option for you than being on the "Committee," you can wait until the Committee is ready to recruit for those teams, and throw your hat in the ring then.

Questions? Contact RightRelations@firstunitarianportland.org

Around the Church

Enjoyed coming to gatherings at First Unitarian Portland? Consider contributing to sustaining our community. Your support goes a long way in fostering meaningful connections. Thank you!

[DONATE](#)

Welcoming Our New Welcome Desk

Location: Narthex (Lobby)

Something new and exciting arrived! You might have noticed that there is a new, beautiful Welcome Desk in the main sanctuary lobby (also known as the narthex). Thanks to all of you who have made this wonderful, welcoming addition possible, from funds allocated from this year's successful auction. Member Michael M. crafted this beautiful, functional, custom piece with the design

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an official celebration of this addition this fall as we kick off the program year.



NEW! — All-Church Picnic

Sunday, August 17, 12:30 - 3 p.m.

Location: Peninsula Park (N Portland)

Join us for a day in the park with our church community.

Fun for all ages—games and activities for kids and adults!

Bring your own lunch and a dessert to share.

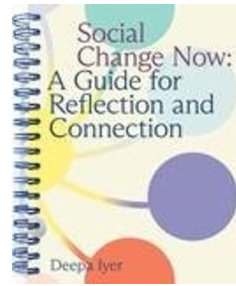
Sponsored by First Unitarian’s Good Times Committee.

NEW! — The Bookstore is Still Looking for Ideas from 4th, 5th, and 6th Graders! Plus: New from the UUA

Location: Fuller Hall

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Thank you to the young people who have provided the names of books they recommend! We can still use a few more. Please bring your ideas to the Bookstore Cashier Table in the corner of Fuller Hall during coffee hour.



New from the UUA Bookstore: We just received the first of what we ordered from the special General Assembly store – some great ceramic “Love Chalice” mugs / \$15 each. We haven’t typically carried gifts other than books, but we’re giving it a go. Tell us what you think. Should we carry some simple UUA jewelry/keychains/pins? Do you like the mugs? Would you be interested in water bottle for those long, hot demonstrations? Neck scarves for your puppy?

Also in from our Boston headquarters: *We Pledge Our Hearts* – readings and meditations on marriage, *Social Change Now* – a guided workbook, and *Love at the Center: Unitarian Universalist Theologies* – just published by Skinner House from editor Sofia Bettencourt.

We’ve recently restocked your favorite Waterknot and Stonehenge card brands! They are discounted to \$5 each and 100% of the sale price goes to the Church. We can sell you a Forever Stamp if you want to mail the card on the way home from church. 😊

About 40% of our sale price goes to the bottom line of First Unitarian Church of Portland. We are happy to give you a receipt if you’d like one. Hundreds of carefully chosen books to choose from – something for everyone! Used books are 2 for \$1 – located on the landing just south of the bookstore!

Learning Community

Learn more about the [Learning Community program](#).

Register your child for the 2024-25 program year [here](#).



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CHECK MONTHLY — July Newsletter

[Rev. Leah Ongiri](#), Acting Director of Lifespan Faith Formation and Family Ministries

Our Learning Community Newsletter is published monthly in June, July, and August.

Dear Learning Community,

As we plan for next church year, let us give gratitude for the one just completed. One way to enact a sense of being grateful is to offer feedback. If you'd like to help us think about what went well and which areas might need more attention, [please complete this simple form](#). Kids are invited to share thoughts, experiences, and ideas, too.

In case you missed it in the church's Front Steps weekly email, check out [my Learning Community/RE program update](#) Growth, Fresh Air, and Other Blessings...[MORE](#)

Social Justice Program

Learn more about the [Social Justice Action Groups \(SJAG\)](#).



Unitarian Universalists for Justice in the Middle East
Siding with love with the people of Palestine-Israel

NEW! TOMORROW — UUJME Action Alert

Friday, July 11, 4 p.m.

Location: Terry Schrunk Plaza (SW Portland)

[UUUs for Justice in the Middle East](#) (UUJME)

Join members of UUJME for a Solidarity Shabbat and a march to defend immigrant and Palestinian human rights, hosted by Jewish Voice for Peace (JVP) Portland and its immigrant justice partners tomorrow.

- 4 p.m. Bannering along Madison and 3rd
- 5 p.m. Shabbat ritual
- 6 p.m. March to the Edith Green-Wendell Wyatt Federal Building (location of Federal Immigration Court)

[Learn more here](#) on the JVP Portland website.

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Location: Fuller Hall

[Committee on Hunger and Homelessness](#) (COHHO)



The cost of housing, food and other living expenses continue to rise in the Portland area. Some people are forced to choose between paying rent and buying food. So they skimp on meals and go hungry, but at least have a place to live.

How can we help? By continuing to shop for them as well as for ourselves when we're at the grocery store. Please purchase whole grain pasta; brown rice; low-sodium broths, veggies and sauces; canned tuna, salmon or meat; nut butters, and/or shelf-stable milks. Then drop off the items in the COHHO bins located in Fuller Hall by the kitchen. Every two weeks we will gather your donations and deliver them to [Lift UP](#)'s warehouse. Or, you can make a financial donation [directly to Lift UP](#). Your thoughtfulness will be much appreciated. ❤️

In the Community

Community Milestones, Joys, and Sorrows

[Please email us here if you have any joys or concerns to share.](#)

Staff member Dana Buhl's father, Lance Buhl, died on July 6 in Rockville, Maryland. He was 85 years old. Dana, her brother Kent, and stepmother Alice, were by his side. Lance lived a purposeful life dedicated to fairness, justice, and a deep belief in people's capacity to learn and grow. He lived with Alzheimer's for the last decade and even until the end, he was funny, kind, and dedicated to his family.

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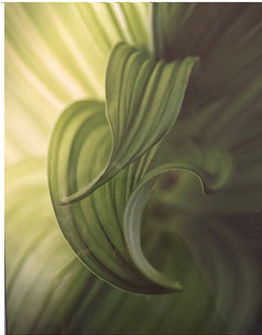


Say it with flowers!

Do you have a birth in the family, a graduation, an anniversary, a memorial, or other milestones to share?

You can acknowledge it to the entire congregation by sponsoring a floral bouquet. As we connect with friends, say it with flowers on the Chancel.

Questions? [Contact Marsha.](#)



NEW! — July/August Church Member Art Wall Exhibition Artwork by [the Art Wall Committee](#)

Leslie P.K. is showing etchings, Sam M. is showing photographs, and Connie C. is showing watercolors this month. Come down to Fuller Hall and see what the committee members have been working on this year.

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Recurring Workshops, Classes & Gatherings

[Check out our church calendar for more info!](#)

— Visit a more comprehensive list of our [Community Groups & Activities](#). —

During our summer schedule, some groups and activities will pause until the new church program year begins in September. Check out our [Summer Program Guide](#) on our website to learn more.

For information about which groups are meeting over the summer, please visit our [Community Groups & Activities](#) page and contact the specific group in which you are interested.

Got something for Front Steps? Send in your church-related submission for our weekly publication. Use "Front Steps" as the subject line and [email us here](#).

Deadline: Tuesdays at 5 p.m.

If your submission is urgent and couldn't be sent before the deadline, please include "URGENT" in the subject line.

[Events Calendar](#) | [Community Groups](#) | [Update Records](#)



First Unitarian Portland | Mail to: 1034 SW 13th Avenue, Portland, OR 97205

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